**Ecological and Sustainable Study Tour in Peru**

Peru is a country with a great diversity of flora and fauna with many ecological levels in one of the world's most unique and dramatic geographies.

Peru offers an extensive network of protected areas (PAs) of different categories, such as National Parks, National Reserves, Natural Sanctuaries, Historical Sanctuaries, and Landscape Reserves. There is more than 76 PAs to be discovered. Visiting these areas, studying them, learning from the local people, and supporting them contributes to safeguarding these natural and cultural treasures (see [LT&C-Example Vamos Expeditions](https://www.ltandc.org/vamos-expeditions-eco-and-adventure-travel-in-peru-and-latin-america/)).

Protected natural areas are terrestrial or marine spaces recognized, established, and legally protected by the Peruvian State due to their importance for the conservation of biodiversity and their contribution to the country's sustainable development.

The study tour, described in detail below, will visit some of the most spectacular, valuable and diverse areas. They are located both at sea level and in the high altitude of the Andes. While we are travelling, we support local communities often located close to the protected areas. Combining adventures and ecotourism with a focus on sustainability, education, communities, and conservation will make this trip unique and meets the mission of linking tourism and conservation.



The Historic Sanctuary of Machupicchu

**Itinerary:**

Day 1. Arrival to Lima

Day 2. Paracas National Reserve

Day 3. Ballestas Island and Nasca lookout

Day 4. San Fernando National Reserve

Day 5. Pampas Galeras National Reserve

Day 6. Road Trip to Cusco

Day 7. Full day Paru Paru community

Day 8. La Veronica Sanctuary

Day 9. Start of the Inca trail

Day 10. Inca trail day 2

Day 11. Inca tray day 3

Day 12. Machu Picchu

Day 13. Walking with llamas and Maras Moray

Day 14. Peru Rail Titicaca train to Puno

Day 15. Titicaca Lake / Return to Lima

Day 16. Departure

**Day 1. Thursday October 13th Arrival to Lima**

Welcome to Peru!!! You will arrive to Jorge Chavez International Airport, where a member of our staff will be waiting for you to take you to your hotel in Miraflores.

Overnight at hotel Dazzler.

**Day 2. Friday October 14th Paracas National Reserve**

We start in the morning and travel to the Paracas National Reserve (with a private vehicle and guide for 3 hours). We have lunch at the Inti restaurant inside the Reserve and learn about their activities and visit the national park. The Paracas National Reserve is a protected natural area consisting of desert, ocean and islands. It is the home to over 400 species of flora and fauna, including the Humboldt penguin, the Peruvian booby, sea lions, humpback whales and dolphins.

Overnight at hotel La Hacienda

**Day 3. Saturday October 15th Ballestas Island and Nasca lookout**

A guide will take you to El Chaco port in order to board the speed boat towards the Ballestas Island. On the way, you will see the Candelabrum, an enigmatic huge figure made on the sand, and then you will head to Ballestas Islands and see the complex and unusual rock arches and tunnels, which have been formed by the combination of strong tides and winds. Here you will see many sea lions, Humboldt penguins, albatrosses among other sea birds. Then we will head for 2.5 hours to Nasca city. On the way we will stop in at the look-out points to see some of the mysterious Nazca Lines. a world heritage declared by the UNESCO. In Nazca we can visit the planetarium in the evening to learn about the southern constellations and how they are related to the Nazca lines and local ancient cosmovision.

Overnight at Nasca Lines hotel

**Day 4. Sunday October 16th San Fernando National Reserve**

This excursion that begins with the pick-up from your hotel at in the morning to San Fernando Bay, includes the tour in a 4x4 truck. Arriving at the bay we will stop at a natural observatory, to observe the majestic flight of the Condor, sea lions, Humboldt penguins, some sea otters, at lunch time, we will go to a beach to eat our food. The rest of the afternoon is free for you to enjoy the natural beauty or to bathe in the waters of the Pacific. 4 to 5 pm, we will return to Nazca.

Overnight at Nasca Lines hotel

**Day 5. Monday October 17th Pampas Galeras National Reserve**

We travel into the Andes today and go into the Pampa Galeras Reserve which is located 95 km from Nasca and about 3650, where the main conservation center in Peru’s vicuña and alpaca, llama, guanaco, camelids that are adapted to the extreme cold of the Andes. Besides these camelids can appreciate vizcachas (wild rodents), eagles, and ducks (wild birds.) As well as the flight of the condors. And to enjoy the flora and fauna of this beautiful place close to heaven. Our guide will provide information on how it was recovered an ancient practice called Chaccu where cornered and vicuña shearing without sacrifice in ancient times where the man with great respect for nature Apus and offerings to their gods to seek their protection, highlighting the vicuña animal native and producer of the finest fiber in the world.

Overnight at Tampumayu hotel in Chalhuanca

**Day 6. Tuesday October 18th Road Trip to the Sacred Valley**

Today we will have the longest drive of the entire trip, since we will go for approximately 10 hours to the Ollantaytambo district, located in the Cusco region. After 3 hours, we will pass through the city of Abancay and make a stop to visit the Saywite stone. 4 hours later we will arrive in the city of Cusco and finally in 1.5 hours later we will be in the district of Pisac.

Overnight at Bambo Lodge Sacred Valley

**Day 7. Wednesday October 19th Full day at Paru Paru community**

In the morning, we will head to Paru Paru community located at 4200 meters. This community that belongs to the “Potato Park an **Indigenous Biocultural Heritage Area**comprised of 6000 villagers from six Quechua communities. The Park holds the largest in-situ diversity of potatoes in the world: approximately 1400 varieties; and it seeks to manage landscapes, ecosystems, biological and cultural assets for the collective benefit of participating communities. We will share some activities with the locals: like the demonstration and participation in Andean agricultural techniques using ancestral tools. Also, the homemade organic meals exemplifying the biodiversity of the Andean crops. Presentation of the native potato’s varieties by season; guided hiking to explore the spectacular views of the nearby valley filled with its harvest of purple, orange, yellow and red quinoa, the vast fields of barley and local flowers; regional medicinal herbs demonstration; ceramic handicraft, trout fishing and so on. Lunch and dinner at the community and transfer to the hotel.

Overnight at Bambo Lodge Sacred Valley

**Day 8. Thursday October 20th La Veronica Sanctuary**

Today we will visit La Veronica Sanctuary, which has been declared Private Conservation Area since 2016, that seeks to become sustainable through of nature tourism and mystical tourism.to conserve this wonderful forest. We have guided walks for observe the biological richness that has the Sanctuary, as well as the waterfalls that they create this wonderful microclimate. Another activity is the beekeeping, the breeding and domestication of bees. The Sanctuary also has its own vegetable garden, where they grow medicinal plants and vegetables for their consumption and for the customers. In order to maintain it, they use different organic techniques. Lunch and dinner are included.

Overnight at La Veronica Sanctuary

**Day 9. Friday October 21st Start of the Inca trail / Km.82 / Huayllabamba**

Early in the morning, pick up from the Sanctuary and transfer to km 82 where you will start the Inca trail with the professional team. We will walk near the Vilcanota river until arriving to Llactapata archaeological complex where we will have lunch and then continue up to Huayllabamba (3000 meters over sea level) where we will camp our first night. There are 11 km of trekking in 6 hours approximately.

The SHM-PANM is a natural and cultural area inscribed on UNESCO’s World Heritage List. Covering 37,302 hectares (92, 175 acres), it is one of the most biodiverse areas in Peru and contains more than 60 archaeological sites linked by a complex lnka road network. Since the 1930’s, the Peruvian government has been promoting the research, conservation, and protection of the cultural (Ministry of Culture) and natural (Ministry of Environment) heritage of the SHM-PANM for being one of the most important areas of the country and where tourism is developed in a sustainable way.

**BIODIVERSITY**

SHM-PANM= Santuario Historico de Machu Picchu – Parque Arqueologico Nacional Machu Picchu

The SHM-PANM is one of the most biodiverse areas in Peru, it harbors 24 Andean and Amazonian ecosystems, from the humid montane forests at 1900 masl to the peaks of more than 6000 masl. This highly rugged geography allows the existence of ideal habitats for wildlife, including 75 species of mammals, 444 of birds, 14 of amphibians, 24 of reptiles and 377 of butterflies; in addition to 423 species of orchids and 332 of trees, among*q´euña*, intimpa, cedar, alder, pisonay, *unka* and tara.

**LLAQTA OR INKA CITY OF MACHUPICCHU**

The most important archeological site inside the SHM-PANM is the *llaqta* or *inka*city of Machupicchu, which was planned and built beginning around 1400 CE. Its construction demanded the participation of specialists in architecture, engineering, and astronomy, as well as massive amounts of labor. More than 50% of the construction work was focused on site preparation, the building foundations, and the drainage system. The site’s location reflects the need of the *Inka* State to have a religious, political, and administrative center with a sacred space that linked Inka-controlled land in the Andes and the Amazon basin.

The *llaqta* of Machupicchu represents a masterpiece of art, architecture, and engineering in perfect harmony with nature and is the most the most well-known legacy of the *Inka*civilization. It was abandoned during the second half of the sixteenth century; it was never lost, however, as it was occasionally visited and inhabited by local farmers. Some colonial documents refer to the Llaqta of Machupicchu as the “Settlement of the Incas” or the “Old Village of the Inga Named Guaynapicchu.” In 1874, the names “Machu Picchu” and “Huaina Picchu” appear for the first time in a cartographic document, which was prepared by engineer Herman Göhring. In 1911, Hiram Bingham, a professor from Yale University, visited the Llaqta and was impressed by its beauty and majesty. The following year he returned with a multidisciplinary team of professionals who conducted excavations and research in the area.

**INKA ROAD NETWORK (IRN)**

The IRN of SHM-PANM is part of the *Qhapaq Ñan*, a complex system of pre-Hispanic roads that had a transregional integrative function. It acquired its maximum expression during the *inka* period and it shows the elevated technological degree reached by Andean civilizations.

In the SHM-PANM, there are 42 sections covering an area of approximately 300 km. The enormous effort employed for the construction, habilitation and maintenance of these roads – which interconnect all the archeological monuments and are adapted to the area geomorphology – was part of a state policy of control and connection between the Andes and the Amazon.

**Day 10. Saturday October 22nd Second day of the Inca trail Huayllabamba / Pacaymayo**

After breakfast starts the most difficult part of the trek toward the highest part of the Inca trail called Warmiwaniusca or “dead woman” at 4200 over sea level, from where we will have a panoramic view of the whole area. Lunch and then we descend to Pacaymayo (3600 meters) where we will camp for the second night. There are 7 km of trekking in 7 hours approximately.

**Day 11. Sunday October 23rd Third day of the Inca trail Pacaymayo / Winaywayna**

After breakfast starts the trek until arriving to Runkurakay, the most important complex after Machu Picchu. Then we will visit also Sayacmarca citadel. Finally, we will descend until arriving to Winaywayna (2650 m.) where we will have our 3rd camp. There are 11 km of trekking in 10 hours approximately.

**Day 12. Monday October 24th Machu Picchu**

After breakfast very early in the morning we will start our trek to arrive to Machu Picchu at the sunrise. We will pass Inti Punku from where we will have an amazing panoramic view of the entire citadel. Then we will walk around the Inca citadel for 3 hours visiting precincts, plazas, temples, sacred fountains, and more. Then we will take the bus to go down to Aguas Calientes and take the train back to Ollantaytambo.

Overnight at El Albergue hotel

**Day 13. Tuesday October 25th Maras-Moray**

The middle Llama Trek is an educational and cultural experience in which the visitor will become familiar with the Llama Pack Project, meet members of the Urubamba Cordillera Communal Guild of Llamas, and walk with the llamas from the project's genetic bank, learning about the benefits of using llamas as pack animals and their importance for the conservation of mountain ecosystems. The visit includes a walk with llamas in the Andean style in the company of the llama makers, where passengers will help herd the llamas as a group and they advance ahead of them carrying the picnic that they will enjoy upon arrival at the resting station. After enjoying the picnic return to the hotel. In the afternoon, we will return to Cusco with stops at the circular Inca Terraces of Moray and the pre-Inca salt terraces of Maras**.**

Overnight at Los Niños hotel

**Day 14. Wednesday October 26th PeruRail Titicaca train**

Early transfer to the train station. The *PeruRail Titicaca*train features an open-air observatory car, allowing you to take in the majestic views while enjoying the typical music and dances of the Peruvian highlands. During your trip, you will have the chance to take panoramic pictures of some of the quintessential Andean landscapes. The route covered by the *PeruRail Titicaca*train is considered by many travel magazines to be one of the most beautiful in the world, with a trip that lasts ten and a half hours. At the start of the journey, passengers are welcomed at the Puno Station, where local musicians will provide background music as you board the train. Once aboard, you can enjoy the two dining cars decorated in the style of the Pullman cars of the 1920s. Also, during the trip, you will have the finest in gourmet food. The quality of our personalized service is guaranteed. Arrival to Puno and transfer to the hotel.

Overnight at Sonesta hotel

**Day 15. Thursday October 27th Titicaca Lake and back to Lima**

Pick up from the hotel and transfer to the port. You will get on a boat and head for 45 minutes to the floating reed islands of the indigenous Uros people. The Uros Islands are made entirely from totora reeds; the lives of the inhabitants of these artificial islands are entirely dependent upon the reed beds they live among. Totora reeds were first used centuries ago to build these islands on Lake Titicaca by the Uro-Aymara families who made their home on the lake. The local people’s boats are also made from totora reeds, and they use these vessels for fishing. Then, breaching the green waters of Lake Titicaca is the little mound island of Taquile where the local villagers have created a steady industry of knit handicrafts, which are knit by the men of the community. The fine textiles that come out of Taquile are renowned the world over and are even protected as a UNESCO world heritage subject. The landscape of the island is very unique and deserves a closer inspection. As home to many unique indigenous plants, the island offers beautiful hikes on a rugged landscape with stunning scenery and views of Lake Titicaca. Transfer back to Puno and then transfer to Juliaca’s airport to take the flight back to Lima for 1.5 hours. Arrival and transfer to the hotel.

Overnight at hotel Dazzler

**Day 16. Friday October 28th Departure**

At proper time, pick up from the hotel and transfer to the airport to take your international flight.

Includes:

**1.     Activities & Entrances:**

* Visit Paracas National Reserve (private service)
* Tour to Ballestas Island (shared service)
* Visit San Fernando National Reserve (private service)
* Visit Pampas Galeras National Reserve (private service)
* Visit Paru Paru community (private service)
* Visit la Veronica Sanctuary (private service)
* Inca Trail (private service)
* Machu Picchu (private service)
* Activity walking with the llamas (shared service)
* Visit Maras and Moray (private service)
* Visit Lake Titicaca (private service)
* All entrances, guide and tickets for all the places

**2.     Transportation:**

* All transfers to/from airports and train stations
* Private transportation in the whole trip
* Vistadome train from Aguas Calientes to Ollantaytambo
* PeruRail Titicaca train from Cusco to Puno
* Flight from Juliaca to Lima

**3.     Accommodation:**

Based on double rooms

**Hotels:**

Lima: Dazzler (4\*)

Paracas: La Hacienda (4\*)

Nasca: Nasca Lines (3\*)

Chalhuanca: Tampumayo (3\*)

Pisac: Bamboo Lodge Sacred Valley (3\*)

Cusco: Los niños (3\*)

Ollantaytambo: El Albergue (3\*)

Puno: Sonesta Puno (4\*)

**4.     Food:**

* Daily breakfasts (at the hotels)
* 7 lunches and 5 dinners

**5.     Guiding:**

* Professional local English-speaking guides.
* 24H Support from Vamos Expeditions staff
* Tour conductor from Vamos Expeditions from day 2 to day 6 inclusive.

**Considerations:**

-Vamos Expeditions is the 100% responsible for this trip. Services, hotels, trains, tickets and flights will be provided by us.

-It is required a minimum of 4 participants for this journey

-This trip is on sale until there are no more Inca trail tickets

-To sign up, you need to deposit the amount of US$500.00, on June 20th 50%, on August 20th 25% and 1 month before the trip the balance due.

-If the number of participants doesn’t reach to 4, we will refund US$250.00, there is a fee of US$250.00 from the sign-up charge.

-To sign up please contact Annelies Hamerlinck at [annelies@vamosexpeditions.com](mailto:annelies@vamosexpeditions.com) or Alvaro Montoya at [sales@vamosexpeditions.com](mailto:sales@vamosexpeditions.com)

-Cancellations: If the cancellation is made 2 months before the trip, there is no refund. Before that we would need to check with all the operators.

**What´s NOT included?**

* Other food not mentioned above (our guides will give you good advice on where to eat well)
* Travel insurance
* Personal expenses, extra activities and tips
* International flights

**Rates per person in double room:**

Based on 8 passengers or more:

US$3555.00 per person

Based on 6 passengers:

US$4070.00 per person

Based on 4 passengers:

US$4596.00 per person